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Jackpot**

## LOOK WHO'S BACK IN TOWN

DREW DOUGHTY, MARK MANCARI AND A HOST OF NHL STARS SUIT UP FOR A BRUISING SESSION WITH THE KNIGHTS

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## Fighting firefighters with fire

Mayor Joe Fontana hints at layoffs if fire-fighters get their salary demands

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## No time for 'arm-chair isolationism'

While the U.S. Congress debates a military strike on Syria, the UN cautions against any illegal action

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## Diesel powered

And you thought Vin Diesel was just another tough guy with pumped-up pecs. Turns out he's had a multi-faceted career, columnist Richard Crouse says

PAGE 9



# Musician mash-up aims to create a masterpiece



Drummer Jimi James is leading an effort to create a five-song CD, with proceeds going to Children's Hospital. The owner of London Indie Underground, The Vault Recording Studio and Underground Sound Rehearsal Studios talked about the project on Tuesday in his studio.

MARK SPOWART/FOR METRO

**Bringing people  
together.** Londoner  
wants to produce CD to  
raise money for charity

**MARK  
SPOWART**  
london@metronews.ca

Five musicians from different genres locked in a studio to write, record and produce five original songs — all over the course of one weekend.

While it might sound like a new reality TV show, it is in fact the brainchild of Londoner Jimi James, who is using the idea to raise money for Children's Hospital.

"I have always been a big proponent of community involvement, and I like to give back to the community," said James, owner of London Indie Underground and The Vault Recording Studio.

"I have felt there was ... a way to bring us all together and create this. So I threw it out to the community and the response has been great."

James is compiling a list of musicians interested in participating, and, from that, will create a Facebook poll asking people to pick their favourite nominee for each of five spots in a band.

### Jump on the bandwagon

- Jimi James is still accepting nominations for local musicians to fill spots in the band.
- Over the next few weeks, he hopes to open online voting for people to select the five-person ensemble.
- Check Facebook.com/LondonIndieUnderground for updates.

"We are hoping that musicians who are involved will get their friends and family involved and will go to our Facebook page and vote for them," James said.

Once selected, the five musicians will enter The Vault Recording Studio and work together, probably for the first time, to create five songs that will be recorded and distributed as a CD.

James hopes to make the project an annual effort.

"I will continue to accept nominations from musicians who want to be involved. Then we will start the voting process and, as long as schedules permit, we want to have the entire thing done by Christmas," he said.



London firefighters are pictured Friday on the scene of a King Street blaze that involved rescuing a man from an upper-level apartment. MIKE DONACHIE/METRO

# Firefighter layoffs not off 'the table'

**Arbitration with city.**  
Process to cost both sides hundreds of thousands, mayor says



SCOTT TAYLOR  
scott.taylor@metronews.ca

The city can't afford to increase firefighters' pay more than 11 per cent over the next four years without some sort of cost-cutting measures, Mayor Joe Fontana insisted Tuesday.

And, while he didn't specifically say that could mean firefighter layoffs, neither did he rule it out.

"All options are on the table," Fontana said.

Fontana did confirm the

city would look into outsourcing emergency dispatch along with vehicle maintenance and repair in an effort to balance the bottom line.

The city and its firefighters are involved in an interest arbitration process that Fontana estimates will cost both sides "a few hundred thousand dollars." A decision is expected some time next year.

Firefighters are asking for slightly more than an average of 2.8 per cent each year for four years, while the city has countered with no pay increase in the first year, then 1.9 per cent for each year after that.

"The only thing we've said is we want a sustainable system, whether or not it's for fire or police or (paramedics) that's not going up at 2.9 (per cent)

or three or four each and every year," Fontana said Tuesday.

Fontana listed city employees, health-care workers and teachers as examples of sectors that have been forced to accept agreements that only a decade ago would have seemed unfathomable.

Now, it's the firefighters' turn to tighten their belts or face the consequences, the mayor said.

"Just like I've said to the police: You can't have it both ways. You can't have personal increases of three per cent, and then expect the city to function without looking at other options," he said.

Fontana acknowledged he used to support the idea of equal pay for firefighters and police officers, but he's since soured on that because

## At a glance

Mayor Joe Fontana said a first-class firefighter earns a base salary of \$83,909.

- In addition, they receive \$7,192 in statutory holiday pay bringing their annual earnings to \$91,101, the mayor said.
- Firefighters with eight years of service also receive experience/retention pay of \$2,733, bringing their annual compensation to \$93,834.

he believes "the police job, functions and operations are entirely different to that of a firefighter."

## Teen hit by truck

### Province to look into safety training for students after Tuesday death

Ontario's education minister says the province will examine the need for more public safety training for students after a teenaged girl was hit and killed by a dump truck on the first day of the new school year in Toronto.

Education Minister Liz Sandals responded to the tragedy, saying the province will look into what needs to be done to avoid such tragedies from happening in the future.

"Kids don't just walk to school. Some of them ride their bikes to school, some of them ride their bikes in the neighbourhood while they're playing," Sandals said Tuesday.

"So it's one of those things that's actually already covered in the health and phys-ed curriculum but it's one of those things that we may want to take a look at."

Sandals also said drivers must use more caution now that kids are back in classes.

THE CANADIAN PRESS



Liz Sandals  
TORSTAR NEWS SERVICE

# Are veteran teachers better than rookies?

A new rule this fall across Ontario that favours seniority when hiring teachers has made experience the latest hot-button issue.

School boards, most teachers' unions and even teachers' colleges are fighting a regulation that says a principal must hire from among the five candidates with the most experience.

Critics argue a seniority list is a clumsy tool for divin-

ing the best applicant. Teachers can be gifted at any stage, they say.

Seniority is the most fair way to get around nepotism, argued James Ryan, president of the Ontario English Catholic Teachers' Association, which asked Queen's Park for the new regulation last year.

"Unfortunately, the art of teaching is only partly a gift from God — we have to learn by doing," said Ryan, "and

## Learn by doing

**"We walk in thinking we're a 'natural' but then reality smacks you in the face and the only way you can learn those skills is by doing."**

James Ryan, president of the Ontario English Catholic Teachers' Association, about why seniority is the 'fairest measure' of a teacher's skills.

seniority is the fairest measure."

Only experience can teach you the folly of asking Grade

8 students to act out the Meech Lake Accord, a lesson he learned the hard way as a rookie.

"When I started teaching in 1990 I was nowhere near as good a teacher as I was even by 1993 and 1994," Ryan said. "My first year, I found the students' behaviour challenging. I was literally exhausted."

"We walk in thinking we're a 'natural' but then reality smacks you in the face and the only way you can learn those skills is by doing."

TORSTAR NEWS SERVICE

# Job cuts to come as St. Joe's reduces beds for veterans

**Layoffs.** Hospital says trims are due to the decrease in number of Second World War and Korean War vets over time

Some employees at St. Joseph's Parkwood Hospital will lose their jobs as the centre trims the number of in-patient beds for veterans by 30.

The changes will happen by the end of March. It's not known how many workers will be affected.

It's the second phase of a transition plan that prompted a 36-bed reduction in 2010.

## Quoted

**"We are working with our unions and staff members to keep actual job loss to a minimum through attrition and, whenever possible, early retirements."**

Elaine Gibson, vice-president, St. Joseph's Hospital in London

Veterans who served in the Second World War and the Korean War are eligible for care at Parkwood Hospi-

tal. But as the number of veterans decreases over time, so does the need for beds.

"This reduction in beds

will impact our staff members," hospital vice-president Elaine Gibson said in a release. "We have a transition plan in place to support them — some of whom will receive layoff notices.

"We are working with our unions and staff members to keep actual job loss to a minimum through attrition and, whenever possible, early retirements."

St. Joseph's CEO Dr. Gil-

lian Kernaghan called it "a poignant time for our veterans, their families and our staff.

"We remain strongly committed to ensuring eligible veterans who need residential or complex continuing care can access the veterans-care program at Parkwood," she said.

There will still be 192 beds for in-patient veteran care after the reduction.



SCOTT  
TAYLOR

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## Four thousand fresh-faced folk flood frosh festivities

More than 4,000 freshmen from the class of 2017 gather en masse Tuesday evening to kick off O-Week festivities at Western University. The first-year students flooded into Talbot Bowl, just behind Talbot College, for a night of entertainment designed to start their first year at Western off on the right foot. For more photos, go to [metronews.ca](http://metronews.ca). MARK SPOWART/FOR METRO



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# Provincial investment at LHSC sharpens radiation therapy

**'Workhorse'.** New equipment could mean brighter outlook for some cancer patients, doctor says

If you've ever tried to shoot a target bobbing up and down on water, you know how tricky it can be.

Now imagine the target is a cancerous tumour that needs zapping inside your lung.

Described as the "workhorse" within any radiation treatment department, the TrueBeam linear accelerator does a better job of zeroing in on that moving tumour than previously used treatments, officials say. And the London Regional Cancer Program is on the cutting edge.

The cancer program, housed at the London Health Sciences Centre, now has two of the machines up and running, and a third one will be coming online by the end of January.

## TrueBeam

# \$3M

The cost of each TrueBeam linear accelerator at LHSC.

## Quoted

**"Patients who would need to spend 20 minutes receiving treatment (before) are now able to receive the same amount of treatment in four to five minutes."**

Dr. Glenn Bauman, chief of oncology at London Health Sciences Centre

Each machine will treat between 30 to 40 patients a day.

"This machine gives us the ability to treat patients that we might not have been able to treat before," said Dr. Glenn Bauman, LHSC's chief of oncology. "One example would be individuals with early-stage lung cancer who might not be fit for surgery. This technology potentially offers them (a cure)."

Before the new technology became available, a larger radiation beam was used to ensure tumours were receiving the full dose of treatment. That approach, while effective, had side effects.

"You would radiate more normal tissue than you would like to using that method. By being able to track tumours more precisely, we can narrow our beams down more precisely and just treat the



Stewart Gaede, left, a medical physicist with the London Regional Cancer Program, shows some of the features of a TrueBeam linear accelerator to Health Minister Deb Matthews on Tuesday at the London Health Sciences Centre. MARK SPOWART/FOR METRO

tumour and minimize the amount of normal tissue that is being treated," Bauman said.

Health Minister Deb Matthews was in London on Tues-

day to get a first-hand look at the new equipment. The cancer program's first TrueBeam linear accelerator arrived in November.

"This is state-of-the-art

technology," Matthews said. "When you hear Dr. Bauman say people who previously would have been palliative are now considered curable, that is huge," she said. "We are

talking about saving lives."

In addition to more precise targeting and treatment, the new equipment works much faster.

MARK SPOWART/FOR METRO

## London's summer, fall remarkably average

Summer 2013 in London has been extraordinarily, well, average, says Environment Canada chief meteorologist Dave Phillips.

And fall is shaping up to be just as nondescript as well, he says.

Though it felt like summer weather arrived late and is on its way to leaving far too early, Phillips says data shows the months of June, July and August were as predictable as the sun setting in the western sky.

"The average temperature for those months was 19.7 C and the normal is 19.6 C. You can't get much closer to normal than that," Phillips said. "June was one-tenth of a degree warmer than usual,

## Average temperatures

- **June:** Average high 23.1 C, average low 12.9 C
- **July:** Average high 26.1 C, average low 16 C
- **August:** Average high 24.9 C, average low 13.1 C

July was about half a degree warmer than normal and August was three-tenths of a degree cooler."

With only 17 days left until summer officially ends on Sept. 21, Phillips said there have been seven days over 30 C so far.

"The average in that three-month time period is seven days (over 30 C), but we still could get a couple in September. For the beer-drinking crowd, though, that was all they had," he said.

The only weather-related statistic that really stood out was air quality, Phillips said it couldn't have been better.

"No days of smog in London, and you had 16 of those suckers last year," he said. "The air was healthier, it was more comfortable and it didn't cost us as much."

Phillips said the forecast for September and the rest of the fall season looks to be, yes, average.

SCOTT TAYLOR/METRO

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# The hunt goes on

**Grizzlies in crosshairs.**  
B.C. government  
refuses to recognize  
First Nations tribal ban  
on bear hunting

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Trophy hunting of grizzly bears on B.C.'s central coast continues while First Nations struggle to enforce a year-old tribal law barring hunters from killing the animals for sport, Metro has learned.

A source who asked to remain anonymous provided Metro with photographic evidence of a hunter showing off the severed head and paws of a grizzly bear after a spring hunting trip last May in the Kwatna River estuary between Bella Bella and Bella Coola.

"They are photos that were taken by one of my field technicians this spring," said Jessie Housty, an elected Heiltsuk tribal councillor and member of the Coastal First Nations Bear Working Group, a program whose staff have been patrolling and erecting

signs in areas of high hunting activity.

"Our technician was invited onto the hunter's boat and had a conversation with him. The man in the photo identified himself ... as being Clayton Stoner."

A Minnesota Wild spokesman confirmed Tuesday afternoon that the man in the photo was Stoner, a 28-year-old defenceman originally from Port McNeill, B.C.

"I grew up hunting and fishing in British Columbia and continue to enjoy spending time with my family outdoors," Stoner said in an emailed statement.

"I applied for and received a grizzly-bear hunting licence through a British Columbia limited-entry lottery last winter and shot a grizzly bear with my licence while hunting with my father, uncle and

**Killed annually**

**300**

The B.C. ministry of forests, lands and natural resource operations estimates some 300 grizzlies are harvested in the province every year.

**Sacred or sport?**

**"We consider bears to be our close relatives and have many stories and ceremonies that reinforce that connection. It's incredibly offensive to us that anyone would kill for sport."**

Jessie Housty, an elected Heiltsuk tribal councillor and member of the Coastal First Nations Bear Working Group

a friend in May. I love to hunt and fish and will continue to do so."

Stoner is not the first NHL player to attract criticism. Last year, Canucks winger David Booth tweeted a photo of a black bear he had killed with a bow on a hunting trip in Alberta, saying: "Just killed a Chara sized bruin! 7ft black bear - 21in skull."

The tweet proved controversial because Booth had used a technique called bear baiting, which is allowed in Alberta but illegal in B.C.

With the fall bear-hunting season opening across B.C. — the activity is allowed and regulated by the provincial government — Housty said it remains difficult to enforce the tribal hunting ban, since provincial officials don't recognize its authority.

"Ultimately what we'd like

to see is other governments respecting the ban that we've put in place," Housty said.

She argues hunting for sport is also a threat to sustainable economic opportunities, including eco-tourism, that First Nations have been exploring.

"Bears are worth far more alive than they are dead."

The B.C. minister of forests, lands and natural resource operations was not immediately available for comment. A ministry spokesman said there are at least 15,000 grizzlies in B.C.

Officials have released 3,786 limited authorizations allowing hunters to shoot and kill bears during this year's spring and fall seasons.

The ministry estimates some 300 grizzlies are harvested in the province every year.



Minnesota Wild defenceman Clayton Stoner with a grizzly bear shot on B.C.'s mid-coast in May. CONTRIBUTED

## Boy sees no charges in child killing



Lee Bonneau, 6, was found dead in a wooded area of a Saskatchewan reserve last month. CONTRIBUTED

Lee Bonneau should have begun Grade 2 on Tuesday — but instead, it was a day when information about the six-year-old's grisly death allegedly at the hands of another child was released by police.

At a news conference in Regina, Sgt. Larry Brost, acting officer in charge of an RCMP major-crimes unit, confirmed that if the suspect had not been under the age of 12 — the age needed to face the legal system under the federal Youth Criminal Justice Act — he would have been charged with murder in the tragedy at a Saskatchewan First Nation.

"There is no other person at this point in time in the investigation that could be responsible, other than this child," Brost told reporters at RCMP divisional headquarters.

The boy — whose age has not been made public due to privacy legislation — is in the custody of the ministry of social services and is being held at an out-of-home facility equipped with 24-hour supervision.

He is deemed "in need of protection," according to social services, while medical and other professionals determine the kind of treatment and supervision he will require.

Lee died on Aug. 21 at southeast Saskatchewan's Kahkewistahaw First Nation from head trauma caused by a weapon — not a gun or knife, police confirmed, but a weapon "of opportunity."

Lee had last been seen walking with the other boy after he went missing from a community centre, where his caregiver was playing bingo. Lee, whose funeral was held on Friday, was a ward of a foster home just outside the reserve near Broadview.

The two boys did not know each other.

Social-services minister June Draude is asking the province's child advocate, Bob Pringle, to immediately look into the case.

"We lost not just one child, but we lost two," Draude said. "We lost individuals that could have been a part of our society right now."

ALYSSA MCDONALD/METRO IN REGINA

## SIU probe. Elderly woman falls, fractures hip after being Tasered by police

Ontario's police watchdog is investigating an incident in which they say an 80-year-old woman fell and suffered a fractured hip after she was struck by police with a Taser.

Special Investigations Unit spokeswoman Monica Hudon said three Peel Region officers approached the woman at about 3:30 a.m. last Wednesday as she was walking along a road in Mississauga.

Hudon said officers spoke with the woman until "at some point" an officer fired his Taser.

Hudon said the elderly woman fell to the ground and was rushed to Credit Valley Hospital for treatment.

The incident occurred one day after the province announced it would permit all front-line police officers to carry stun guns.

The use of force by police in Ontario has come under scrutiny after Sammy Yatim, 18, was shot multiple times and Tasered by police during a confrontation on an empty

**Police arsenal**

Many police forces, including the Ontario Provincial Police and Toronto Police Service, have said they plan to train and equip their officers with stun guns, in addition to the sidearm, extendable baton and pepper spray that they currently carry.

streetcar.

Videos of the incident prompted hundreds of people to take to the streets.

Another high-profile case that brought the police use of Tasers under public scrutiny was the 2007 death of a Polish immigrant at Vancouver's airport.

Robert Dziekanski died after being stunned with a Taser by RCMP. A public inquiry found that the officers were not justified in using the Taser.

THE CANADIAN PRESS

## Report. More than 8,000 women killed in India last year over dowry disputes

One woman dies every hour in India because of dowry-related crimes, indicating that the country's economic boom has made demands for dowries even more persistent, women's rights activists said Tuesday.

The National Crime Records Bureau says 8,233 women were killed across India last year because of disputes over dowry payments given by the bride's family to the groom or his family at the time of marriage.

The conviction rate in dowry-related crimes remained a low 32 per cent, according to statistics the bureau published last week.

Indian law prohibits the giving or receiving of a dowry, but the centuries-old social custom persists.

Dowry demands often



In this 2007 file photo an Indian woman protests dowry harassment in the Indian state of Gujarat.

THE ASSOCIATED PRESS

continue for years after the wedding. Each year, thousands of young Indian women are doused with gasoline and burned to death because the groom or his family felt the dowry was inadequate. **THE ASSOCIATED PRESS**

## LGBT. Obama set to meet with activists during the G20 summit in Russia

Lesbian, gay, bisexual and transgender rights activists said Tuesday they have been invited to meet with U.S. President Barack Obama on the sidelines of this week's Group of 20 summit in Russia.

Obama and his administration have voiced concern over a law recently passed by Russia's parliament that targets "homosexual propaganda."

Igor Kochetkov of LGBT Network told The Associated Press that his organization will accept the invitation to meet with Obama in St. Petersburg, Russia on Thursday. The St. Petersburg-based advocacy group Coming Out

### Calls for boycott

## 2014

The law has sparked a boycott of Russian vodka in gay bars across North America and scattered calls for a boycott of the 2014 games. However, Obama has joined other world leaders in calling a boycott unnecessary.

said it also was invited but hasn't decided yet whether to go.

The White House would not comment on the meeting.

**THE ASSOCIATED PRESS**

### Fatal attack

## Stray dogs ordered euthanized after child mauled

Romania's president has urged the government to pass emergency legislation that would allow thousands of stray dogs to be euthanized in Bucharest, citing the case of a child who was fatally mauled by one.

"Humans are above dogs," President Traian Basescu said in a speech at his palace on Tuesday.

**THE ASSOCIATED PRESS**

### Crackdown on media

## Egypt bans four TV stations, including Al-Jazeera affiliate

An Egyptian court on Tuesday ordered Al-Jazeera's local affiliate and three other stations to stop broadcasting, part of an expanding government crackdown against media seen as supporting the Muslim Brotherhood and the country's ousted Islamist President Mohamed Morsi.

**THE ASSOCIATED PRESS**



CODEPINK co-founder Medea Benjamin is removed from the hearing room on Capitol Hill in Washington on Tuesday by Capitol Police. Secretary of State John Kerry and Defense Secretary Chuck Hagel were testifying before the Senate Foreign Relations Committee to advance President Barack Obama's request for congressional authorization for military intervention in Syria, a response to last month's alleged sarin gas attack in the Syrian civil war. **J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS**

# UN, U.S. at odds over action on Syria

**Alleged chemical weapons attack.** Head of United Nations warns 'punitive' measures would be illegal without approval

### Quoted

**"This is not the time for arm-chair isolationism. This is not the time to be spectators to slaughter."**

U.S. Secretary of State John Kerry, saying the debate is not about President Barack Obama's "red line" that weapons of mass destruction cannot be tolerated, but "a red line that anyone with a conscience ought to draw."

UN Secretary-General Ban Ki-moon on Tuesday warned that any "punitive" action taken against Syria for an alleged chemical weapons attack last month would be illegal without Security Council approval or a sound case for self-defence.

The U.S. and France have

blamed Syrian President Bashar Assad's regime for the alleged Aug. 21 attack and are considering military action in response. Such a strike would almost certainly occur without the approval of the Security Council, where Russia and China have consistently used their veto power to block action against Assad's regime.

The Obama administration argues that a chemical weapons attack cannot go unpunished because of the council's inaction.

"As I have repeatedly said, the Security Council has primary responsibility for international peace and security," Ban said at a news conference. "The use of force is law-

ful only when in exercise of self-defence in accordance with article 51 of the United Nations Charter and/or when the Security Council approves such action."

He also warned that a military strike against Syria could unleash more turmoil and bloodshed in a crisis that has already killed more than 100,000 people.

"I take note of the argument for action to prevent a future use of chemical weapons. At the same time, we must consider the impact of any punitive measure on efforts to prevent further bloodshed," Ban said.

**THE ASSOCIATED PRESS**



This file photo released by the Syrian official news agency SANA, shows Syrian President Bashar Assad during an interview. **THE ASSOCIATED PRESS**

## Syria prepares to fight back

As the Obama administration tries to prod Congress into backing armed action against Syria, the regime in Damascus is hiding military hardware and shifting troops out of bases into civilian areas.

Politically, President Bashar Assad has gone on the offensive, warning in a rare interview with Western media that any military action

against Syria could spark a regional war.

If the U.S. undertakes missile strikes, Assad's reaction could have a major effect on the trajectory of Syria's civil war. Neighbouring countries could get dragged into a wider conflict, or it could be back to business as usual for a crisis that has claimed the lives of more than 100,000 people

over two and a half years.

The main Western-backed opposition group says that during the buildup last week to what seemed like an imminent U.S. attack, the army moved troops as well as rocket launchers, artillery and other heavy weapons into residential neighbourhoods in cities nationwide.

**THE ASSOCIATED PRESS**

# Microsoft goes mobile with Nokia deal

**Helsinki.** Takeover is an attempt to narrow gap with Apple, Google

Microsoft Corp. is buying Nokia Corp.'s lineup of smartphones and a portfolio of patents and services in an effort to strengthen its fight with Apple Inc. and Google Inc. and capture a slice

of the lucrative mobile computing market.

The \$7.2-billion US deal announced late Monday marks a major step in the company's push to transform itself from a software maker focused on desktop and laptop computers into a more versatile and nimble company that delivers services on any kind of Internet-connected gadget.

THE ASSOCIATED PRESS

## Microsoft succession

- The acquisition is being made at the same time that Microsoft is looking for a new leader. Just 10 days ago, Steve Ballmer, 57, announced he would step down as CEO within the next year.
- Stephen Elop, a Canadian who left Microsoft in 2010 to become Nokia CEO, will rejoin Microsoft once the acquisition closes. There is speculation that Elop will be a top candidate to succeed Ballmer.



Nokia CEO Stephen Elop, left, and Microsoft CEO Steve Ballmer THE ASSOCIATED PRESS

## Halifax

### Mall that ran sexist ads gives \$5K to charity

Halifax's Mic Mac Mall has made a \$5,000 donation to Techsploration, a group that supports young women exploring careers in science and technology.

The donation fulfills a promise made in response to a social media backlash and complaints that a back-to-school advertising campaign was sexist.

The ads featured cartoon women with slogans equating shopping with scientific endeavour. The mall pulled the campaign in late August. METRO IN HALIFAX

## California

### Is Apple about to unveil more iPhone colours?

Apple has sent a colorful invitation for an event next week amid speculation that it may debut new colours for the latest iPhone. The invitation, emailed Tuesday, has a picture of the Apple logo surrounded by multi-coloured polka dots and the sentence: "This should brighten everyone's day."

The iPhone 5, which went on sale in September 2012, comes only in black or white. The event is on Sept. 10 at Apple headquarters in Cupertino, Calif.

THE ASSOCIATED PRESS



### No Key Lime Pie 4.4 for you

Seems that when little green robots eat candy bars, they opt for a Kit Kat. Tech pundits have speculated for months that the next Android operating system would be called Key Lime Pie — in keeping with Google's affinity for naming new versions after desserts — but on Tuesday the firm revealed it has chosen a brand-name candy for the first time. The Android 4.4 Kit Kat system is expected to launch in October, and in turn, the robot mascot is pictured tucking into a chocolate bar on the new Kit Kat label, shown above. Marc Vanlerberghe, director of Android Marketing, said the name was chosen because Kit Kat bars have been a "favourite go-to snack among the team since the early days of Android." COURTESY THE HERSHEY COMPANY

## Market Minute



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# WHAT DID YOU DO ON THE WEEKEND?

Weekend warriors are a dime a dozen.

They're out running marathons, hanging off cliff faces, riding their bicycles up steep switchbacks, or playing hockey at three in the morning because that's the only ice time available.

They whack various little round balls with various sticks and rackets.

They run, jump, throw, slide and stretch. Unlike real athletes, who vie for world records or record paydays, they do all of this for next to zero recognition — a cheap medal, a certificate, a plastic water bottle, a trophy from Trophies R Us.

They get hurt. Sometimes they die. But unless they die, they don't quit.

Then there's Diana Nyad.

What she did this weekend goes into the Weekend Warrior Hall of Fame. She accomplished what she had already



**JUST SAYIN'**

**Paul Sullivan**

metronews.ca

failed to do four times: Become the first person to swim the 177 kilometres from Cuba to the Florida Keys, without a shark cage.

If that last detail doesn't get your attention, how about she spent 53 hours in the water, swallowed so much seawater that she vomited early and often, was stung by jellyfish, but like the Energizer Bunny in a wet-suit, she just kept going until she hit the beach in Florida.

Did I mention that she is 64 years old?

Why did she do it?

How about she "wants to send a message of peace, love, friendship and happiness ... between the people of the United States and Cuba."

Other people might send an email.

Diana Nyad has had this "Xtreme Dream" since 1978 when she tried and failed the first time.

At the time, she was already a long-distance swimmer who set the world record for swimming around the Island of Manhattan in under eight hours.

Then, life got in the way, but she never forgot her unfinished business and after a 30-year layoff, she tried again in 2011. And again. And again. And again in 2012.

Frankly, I thought she was done the last time. But never count a weekend warrior out. They can't help themselves.

A cynic (that's usually me) could say she's a motivational speaker and author (her books have titles like *The Boss of Me*) and needs fresh material to remain in demand on the lecture circuit — after all she charges up to \$40K a pop.

But really? What would you rather do: Face sharks, jellyfish, choking brine, storms, waves, nausea and fatigue? Or find another topic?

Or you could do what most 64-year-olds do. Think about retiring.

But I suspect Diana Nyad is not done yet.

Not as long as there's still another weekend.

## ZOOM

### 'This is your captain: We need more cookies'



COURTESY REX FEATURES

#### Flight of the five-year-old

He looks confident but record-breaker He Yide, 5, must have been a little nervous as he became the youngest person to fly an aircraft.

The mini pilot completed a 35-minute flight over Beijing, with supervision — but no help — from a coach. Yide has strict training, which included a controversial run in snow last year. **METRO**

#### Dad of the year

"When the baby eagle is old enough, the mother eagle would harshly push it down the cliff. I don't agree with the education of most parents. They are too protective and caring, which makes their kid lazy."

He Yide's father He Liesheng

#### He Yide's diary

- **Early bird.** Awake at 4:30 a.m. each day for flight training before school.
- **Conquering the seas.** The boy has also sailed a yacht in an international competition.
- **Ain't no mountain high enough.** Yide recently climbed Mount Fuji during a storm.

#### Worth every penny

## \$4,900

The cost in U.S. dollars of He Yide's flight training. It has not been wasted though — the child's next flight is already planned for Hoh Xil, an isolated region in the northwestern part of the Qinghai-Tibet Plateau in China.

#### Clickbait



**HANNAH ZITNER**

hannah.zitner@metronews.ca



**Was it YellowTiger62 or GoldenCat63? Keeping passwords straight may be easy enough when you've got a one-fits-all setup, but once you go beyond that, keeping your deepest, darkest in the dark gets a bit more complicated. Or at least it used to be complicated.**

#### Nymi:

More than just a password keeper, this heart-rate based authentication bracelet, pictured, not only keeps your passwords straight, it also acts as a one-key-fits-all device. Hello key-free living! Pre-order for \$79.

#### LastPass:

One of the dinosaurs of the password

managers, LastPass has been around since 2008 and made a name for itself as the go-to password keeper. Works on all operating systems, free for desktop, \$12/year for mobile.

#### Keepass:

Free, open source password manager keeps your passwords safely encrypted in a secure database.

#### Twitter

**@metropicks asked:** Hackers are now tampering with cars' computer systems. What should be done to counter the problem?

**@Canucklehead\_ca:** Seems simple enough: make all cars password protected! (All passwords must contain a capital letter, a number, two symbols ...)

**@Brendanger:** Walk or take public transit.

**@EastVanPrint:** Encryption and closed networking

**@almajwilson70:** find them real jobs obviously they have nothing constructive to do

**@Simpson957:** Car companies should give nerds fancy cars so we can work out a good defense against the hackers. Me first.

**@OnlyFakie:** if cars are generally computers now, why don't they follow computers and have the same security they do?

**Follow @metropicks and take part in our daily poll.**

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Vin Diesel returns to the Pitch Black series in his role as Richard B. Riddick. CONTRIBUTED

# Going from the sexiest ugly man to Richard B. Riddick

**Vin Diesel.** Few know that the Fast and Furious and Pitch Black star has been acting since age seven and has a long list of accomplishments



**IN FOCUS**  
Richard Crouse  
scene@metronews.ca

Vin Diesel has been acting since age seven and played many characters on screen, but he is best known by two alter egos.

We'll have to wait until next year to see him behind the wheel as Dominic Toretto in the new Fast and Furious movie, but this weekend

he returns to theatres as Richard B. Riddick, anti-hero of the Pitch Black series of films and video games.

In Riddick, his fourth outing as the mercenary-turned-enforcer, he has been double-crossed and left for dead.

His battles with predatory aliens has honed his skills, his thirst for revenge and his desire to return to his home planet of Furya.

Diesel loves playing Riddick. "I know it sounds corny but I feel like I learn about myself when I play that character," he says.

But he's also created some other memorable characters.

Critics and audiences first took notice of Diesel as Private Caparzo in Saving Private Ryan. He says winning the role was "like one of those Hollywood fairy tales

that you never believed."

Director Steven Spielberg saw Multi-Facial, an über low budget short film directed by and starring Diesel.

The ET director was so taken with the young actor's performance that he had a role specially written for him. The result was an effective performance that mixed physicality with poignancy.

Diesel lent his distinctive gravelly voice to the title character in the animated film The Iron Giant.

Directed by Brad Bird, the story of a lonely boy who discovers a 50-foot, metal-eating robot who fell from space, failed at the box office but has a 97 per cent Rotten Tomatoes rating.

His searing portrayal of streetwise stockbroker Chris Varick in the 2000 stock-broker drama Boiler Room

garnered him considerable critical praise.

Roger Ebert wrote, "Diesel is interesting. Something will come of him," and New York Times critic A.O. Scott said the actor, "may be the sexiest ugly man in movies since Anthony Quinn."

Knockaround Guys is a coming-of-age story with a gangland twist.

The four sons (Vin Diesel, Seth Green, Barry Pepper, and Andrew Davoli) of Brooklyn mobsters band together to reclaim a quarter of a million dollars lost in a small town run by a crooked sheriff (Tom Noonan).

Diesel oozes charisma in a so-so film, tossing off tough guy lines like, "That's about the only thing you can count on in this life, there's nobody that wouldn't hurt you ... if it helped them," with ease.

## More on Riddick



Katee Sackhoff. CONTRIBUTED

## Being the only girl in the room on Riddick

In Riddick, Katee Sackhoff co-stars alongside Vin Diesel as Dahl, the only female member of a team of mercenaries — but also one of its toughest.

## Riddick is very funny, surprisingly.

My best friend is terrified of scary movies. She's going to the premiere and she was like, "How scared am I going to be?" And I was like, "Sweetie, it's not scary."

## Do you worry about doing what you're already known for when looking for parts?

I think people spend too much time trying to understand this business when you can't understand it. I don't think there's any real right way or wrong way to do this. Truthfully, I feel blessed that people want me to do it at all, and if that's science fiction and action, I'd rather do that than so many other genres. So I'm good.

It doesn't mean that I can't do and haven't done things outside of it; it's just where fans want to see me right now. You give them what they want, you know?

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# 2 SCENE



Bret Easton Ellis. ALL PHOTOS GETTY IMAGES

## James Deen as Mr. Grey? Not enough alcohol in the world

While the casting announcements are official for 50 Shades of Grey — with Dakota Johnson and Pacific Rim star Charlie Hunnam taking the much-debated lead roles — apparently not everyone is in agreement behind the scenes of the hot literary adaptation.

After the news was announced, author Bret Easton Ellis took to Twitter to rain

on the parade and share some information.

“Talked to (author) E.L. James at a party over the summer. Her first choice for Christian was Rob Pattinson,” he posted.

“When E.L. James asked me who I thought should be Christian I said, ‘(Porn star) James Deen, of course,’ and then she shoved me. We were both very wasted.”



Hayden Panettiere

## Hayden Panettiere apparently has some regrets

Hayden Panettiere is apparently having a hard time following her own advice, at least where body art is concerned.

Recent paparazzi photos of the 24-year-old actress seem to reveal that she's in the process of having a tattoo

removed from her back that reads, “live without regrets” in Italian. The tattoo runs down the left side of her back and includes a spelling error, something tabloids were quick to point out when she first had the work done four years ago.

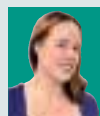
# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## American Idol rounds out its panel with latest addition



THE  
WORD  
Dorothy Robinson  
scene@metronews.ca

After months of speculation, it was announced that handsome Southern crooner Harry Connick Jr. and former American Idol judge Jennifer Lopez are officially joining American Idol 13.

The two join Keith Urban on the judge's panel; stalwart Randy Jackson will be back as an “in-house” mentor.

And, what would Idol

be without Ryan Seacrest? The personality, of course, will be back as host.

“I have always been a huge fan of American Idol and really enjoyed my time as a mentor on the show,” said Connick in a press release.

“And I am honoured that they've asked me to be a judge this season. As an entertainer, I am truly excited to bring my perspective to American Idol and to help emerging performers find their way.”

For her take on the announcement, Lopez simply tweeted, “#IDOL-2014TheRemix.”

Hopefully the addition of Connick and Lopez will help this new season's ratings. This past season was American Idol's worst rated since the show began airing in 2002.



Will Smith

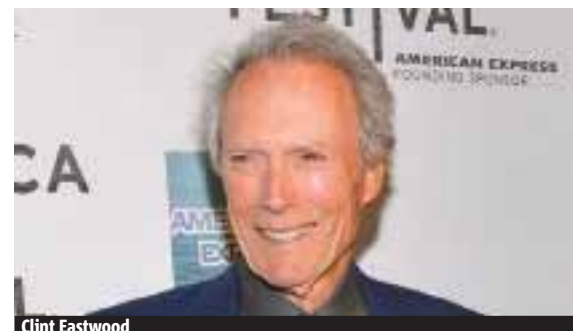
## Another day, another sale for the Smith family

Will and Jada Pinkett Smith have decided to ditch their sprawling, palatial Calabasas, Calif., compound, according to the Real Estalker blog.

The Hollywood power couple is reportedly looking to get \$42 million for the property, which features a

25,000 square foot adobe-style main house, man-made lakes, a hotel-size pool and facilities for tennis, volleyball and basketball.

The family sold a property on the Hawaiian island of Kauai for \$20 million in 2011.



Clint Eastwood

## Eastwood's ex-wife defends him from press attacks

Clint and Dina Eastwood may be separating after 17 years of marriage, but apparently there's no bad blood between the two.

As a show of support, Dina took to Twitter to complain about the coverage

news of their split has been getting.

“I don't like reading negative things about Clint,” she wrote. “He is a wonderful, good-natured, brilliant person. No matter what, I attest to that.”

### Twitter



@pattonoswalt  
In 28 days, no more BREAKING BAD, ever.



@oliviawilde  
Met a psychic tonight who said she loved me on Grey's Anatomy... Thus my skepticism about psychics.



@justinbieber  
Another plane. Where am I off to next?

# The sun is shining and the weather is sweet in Jamaica

**Island time.** Beyond the beautiful beaches are great restaurants and exciting activities



**JIM BYERS**  
@jimbystravel  
jimbystravel.com

Rum bars filled with colourful locals, glorious beaches, waterfalls you can climb and romantic river rafts. Yep, Jamaica has a lot to offer.

Of course, there are the swanky resorts and infamous spots such as Hedonism, where just about anything goes, including a lot of bathing suits. And don't forget the jerk shacks that waft heavenly spices out over the island and the reggae music.

## Sleeping

Negril has awesome sunsets and an endless beach flanked by resorts such as Beaches, Sandals and the aforementioned Hedonism. Further north and east are the impeccable grounds of Half Moon, a RockResort, equipped with a fun and not too tricked-up golf course, a sweeping beach and a who's who list of attendees, including Queen Elizabeth and



Diving into the perfect water near Rick's Café. Just watch your Red Stripe intake before you jump. PHOTOS JIM BYERS/METRO

Paul Simon. My personal favourite resort for a taste of local culture is Jakes at Treasure Beach, a spot on the south side of the island with pseudo-Moroccan design and glorious detached villas in bright ochre and pale blue.

## Dining

Half Moon features the romantic Sugar Mill restaurant, with a gorgeous patio lit up by overhead lights hanging from gnarly

trees. Try the snapper in a coconut-saffron sauce or jerk chicken spring rolls. A favourite for casual jerk chicken is Scotchie's near the Montego Bay Airport, where you can fill your belly for less than \$10. In the Montego Bay Freeport zone is the fabulous House Boat restaurant, reached by a three-second ferry/raft. Gaze out on the bay and the lights in the hills and dine on spicy shrimp in a scotch bon-

net beurre blanc sauce or a Queen Conch fritter. Jakes at Treasure Beach has a marvelous kitchen. Next door on the beach is Jack Spratts, which serves a fabulous jerk sausage pizza.

## Doing

At Half Moon you can take a horseback ride and swim with the animals, who love nothing more on a hot day than submersing themselves in the cool ocean water. Dunn's River

Falls is famous as a playground where you can clamber up large rocks and dunk yourself in the cool water running down from the mountains. Prefer to let someone else do the work? Try a romantic rafting trip on the peaceful Martha Brae River near Falmouth, where a local will guide you along on a wide bamboo raft under a jungle canopy.

## Drinking

If you must, you can down Jell-O shots or any number of sickly sweet things at Jimmy Buffett Margaritaville on the Hip Strip in Montego Bay, which is jammed to the rafters with cruise ship day-trippers and has a cool waterslide that drops you a couple stories into the bay. You don't want to miss Rick's Café, south of Negril. The water is the most beautiful shade of aquamarine imaginable, and local kids will do handstands and crazy dives off huge cliffs for a couple of bucks. You can try a belly-flop of your own from several spots, too. Take a boat ride from the south shore to the ramshackle Pelican Bar, which sits in a few feet of warm water a half mile or so off the coast and looks to be mostly made up of driftwood, with a thatched roof. Very memorable.

## Autumn travel

### Put a little colour in your trip this fall



**ON THE MOVE**  
Loren Christie  
lifen@metronews.ca

If you are a leaf peeper the next six weeks provide numerous opportunities for a fabulous fall getaway. The proliferation of maples and birches in Eastern Canada and their vibrant and varied fall colours make a trip in this part of the country particularly appealing.

In Ontario, the Agawa Canyon Tour Train takes riders through an explosion of colour. The rail cars were fully

renovated last year with a camera at the front of the car that broadcasts to flat screens in the passenger cars so you can get a "conductor's view" of the journey. A GPS triggered commentary announces points of interest and shares the history of the region. There are packages available that include train tickets, two night accommodations and options for meals. Book now, as availability is already limited.

If you are heading elsewhere in the province check out ontariotravel.net for live updates on the fall colour report. Download the app when you head out on your journey and browse the site for a wide variety of autumn packages including a Mennonite Horse and Buggy package.

Nova Scotia's Cabot Trail is a spectacular drive year-round,

but at this time of year, it's at its best. Plan a trip in mid-October and catch part of the 16th Celtic Colours Festival.

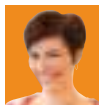
Running from Oct. 11 through 19 this annual event features community dinners, shows and 46 concerts with local Celtic and international musicians. Throughout Quebec from the Eastern Townships to Charlevoix, many of the province's ski resorts will be turned into fall festival headquarters with a variety of hillside leaf peeping opportunities coupled with barbecues, live music and numerous family activities. In British Columbia they are celebrating the 33rd annual Fall Okanagan Wine Festival. More than 165 wine, food, educational and arts-focused events are set to fill the roster from Oct. 4 through to Oct. 14.



New Brunswick's Miscou lighthouse, surrounded by the fiery red peat bogs. TOURISM NEW BRUNSWICK

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# Didn't think it was possible to do fancy on a budget? Think again



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

This meal may come in slightly over \$5 if you don't get your ingredients on sale and you do use the wine. But it is absolutely worth every

## Ingredients

- 1 pkg (450 g) frozen chopped spinach, thawed and drained (\$1.29)
- 1 lb skinless chicken thighs (\$4.30)
- 2 cloves garlic, minced (\$0.10)
- 2 tbsp balsamic vinegar (\$0.10)
- 1/4 cup red wine (optional) (\$0.60)
- 2 tsp dried oregano (\$0.03)
- 2-4 oz blue cheese, crumbled (\$0.60)

**Total: \$7.02**  
**Per person: \$3.51**

## Eat cheap (and healthy)

The past two Wednesdays, Metro's Theresa Albert has served up easy to make and healthy recipes that are perfect for families or starving students. If you missed them, check out the recipes at [metronews.ca/food](http://metronews.ca/food). And don't forget to look for the final two recipes in the series on Sept. 11 and 18.

penny.

This dish, which features high nutrient spinach in a convenient frozen form paired with high iron chicken thighs and a tasty balsamic vinegar and blue cheese, is yours in under 10 minutes.

1. Microwave spinach just to thaw and let drain in a colander in the sink until ready to assemble.

## Baked Chicken with Spinach and Blue Cheese



For a variation on this recipe, which serves two, try stuffing the chicken with spinach. ISTOCK

2. Break up spinach into large, low casserole dish. Nestle chicken pieces into spinach. Sprinkle with garlic, vinegar, wine, oregano, salt and

pepper. Break up blue cheese to spread on top. (Cream cheese is a good substitute)

3. Cover with foil and place

into 350 F oven to bake for approximately 45 minutes or until heated through. Meat internal temperature should read 165 F.

## Drink of the Week

### Hennessy V.S Bramble

The perfect end-of-summer cocktail offers strong, bright flavours.

- 1.5 oz Hennessy V.S
- .5 oz fresh lemon juice
- 4-5 blackberries
- .5 oz simple syrup
- .25 oz of Crème de Cassis
- Twist of lemon

Muddle berries in bottom of a shaker tin and add lemon juice, simple syrup and Hennessy V.S with ice. Shake until well chilled and strain into a rocks glass with fresh ice. Splash Crème de Cassis over the top and garnish with lemon twist and a few blackberries.

RECIPE AND PHOTO

COURTESY  
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## Lunch. Fattoush Revisited with Crab

### Ingredients

1. Chop mint and parsley, thinly slice lettuce, dice cucumbers and quarter tomatoes. Peel and dice mango.

2. Shred crabmeat and dice Feta cheese.

3. In bowl, blend lemon juice, olive oil, and cumin. Add remaining ingredients. Toss

- 2 tbsp fresh mint
- 1/2 cup fresh parsley
- 4 cups romaine lettuce
- 2 cups cucumbers
- 2 tomatoes

- 1 cup mango
- 6 oz crabmeat
- 4 oz Canadian Feta
- 2 tbsp citrus juice/ olive oil
- 1/4 tsp ground cumin

and serve with pita bread.

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# So am I a full-timer or a free agent?

**The blurred lines of business.** Being employed doesn't necessarily mean that you're an "employee"

PARISA  
NIKFARJAM  
TalentEgg.ca

You may be finding that you or your friends are increasingly entering into working relationships where you're an "independent contractor" rather than an employee.

Why? Employers often prefer hiring independent contractors for the cost savings. Contractors do not receive benefit packages, pensions or other perquisites provided to employees. They do not have entitlements to basic employment rights such as minimum wage, overtime pay, health and safety protections, job-protected leaves and human rights protections.

On the other hand, contractors benefit from a big

(tax) advantage, in that they can deduct reasonable business expenses at tax time.

Despite potential benefits, there are significant drawbacks if a contractor is truly an employee, including unpaid taxes (for both the employer and the contractor), penalties, interest, CPP, EI, and other legal liability (under the Human Rights Code and the Employment Standards Act).

Even if you sign a contract which states that you are an

independent contractor, you may still be an employee.

What determines whether you are an employee or an independent contractor is the nature of the relationship; in other words, how your work is actually performed. Therefore, even if you sign a contract that says you're an independent contractor, you may still have rights and obligations as an employee.

As the final determination depends on the individ-

ual facts and circumstances of each arrangement, remember that old saying about the duck: if you act like an employee and are treated like an employee (in all but receiving the benefits/protections of an employee), you're likely an employee, notwithstanding intentions to the contrary.

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## How do you know which arrangement you are in?

You may be an employee when at least some of the following describes your working arrangement:

- You receive training from the company
- The company supervises your work
- You do not have control over your work, hours or rate of pay
- You work with tools or equipment that the company provides

You may be an independent contractor when some of the following describes your working arrangement:

- You control how your work is done. You may hire other people to assist in doing the work and you (not the company) direct their work
- You can negotiate your pay and when your work has to be done
- You are not an integral part of the company



**A signed contract is not always a clear indication of where you stand. iStock**



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# The faux-pas of a professional feed

## When hitting send impedes success.

How tweet it is to take advantage of this tool. Just make sure you use it properly!

JESSICA  
CRUZ

TalentEgg.ca

Ah, the wonderful world of Twitter. A land where users post their most random thoughts, check out the latest sports updates and watch in awe as celebrities make gross grammatical errors.

But if that's all they're doing, visitors to Twitter may be missing out. It turns out that the social network can be a great asset to the job hunt, provided the job-seeker avoids a few common mistakes along the way.

### Don't keep your settings private

It's OK to keep personal accounts on Twitter for friends.

But if you're using Twitter for job searches and networking, your account needs to be accessible. How can anyone respond to your tweets?

You might connect with a recruiter who is at the same conference as you, get instant updates on that job you've been waiting for or



Don't hide behind your hashtags. If you want an employer to pick you out of the crowd, make your account public. ISTOCK

even win a contest.

Transparency is key when utilizing social media for developing your personal brand, job hunting or networking. It also opens doors for other people to contact you about opportunities and learn more about you.

### Don't mix too much of your personal life with your professional life

Remember the purpose of the account. Keep in mind that an online account means 24/7 access for potential employers. The second something goes up, some-

one will see it.

Post on different channels with your own discretion, or don't post it at all. An open account should not mean unlimited access to your life.

### Don't exaggerate your job title

Keep your tagline current, direct, and about your profession. Use a decent photo and include a helpful link and customized background.

It's good to show a bit of personality, but try to keep

the content relevant to your industry and how you want others to see you.

### Don't be too controversial

Avoid topics like politics or starting arguments with other users.

Don't skew an employer's impression of your values.

Separating business and personal opinions helps you keep your personal life from affecting your professional life.

### Don't be ashamed to boost yourself up

Remember that you're using Twitter as a personal branding tool. It's good to mention accomplishments, events or milestones in your life. Decide how much is appropriate — your online presence may be the strongest first impression.

### Don't forget to check your interactions

Stay updated with who is interacting with you.

Check your mentions for retweets, replies and followers. Regularly check your direct messages (DM) to see if someone contacted you.

Take a glance at profiles who retweeted, DM or mentioned you. See what they tweet about; perhaps you'll

### Your thoughts?

@TalentEgg:  
#QuestionoftheDay: Have you ever studied or worked abroad and would you recommend it? Why?



• @katieedmonds1: I worked in Cape Town, SA for 4 months - best time of my life. So liberating to experience other cultures and make new friends!

• @theToineTweets: On the last month of my year in Wales. Ironically you get to meet people from different cultures and yet gain great autonomy.

• @davewhoward: Worked in China for 4 months - way outside of my comfort zone! As an independent guy, I learned to trust and rely on others.

• @kendy\_ra: Studied in Chile, worked in Bangladesh, working in Tajikistan. Completely changed me and helped me realize career & life priorities

• @jaspal91: Recommend it 100%. I studied in Manchester. Greatest decision ever. So much fun, met great people and learnt so much!

• @diananguyen\_: in Paris was the best decision of my undergrad career so far. Learned skills you can't learn inside a classroom.

• @pegsz: I volunteered this year in Czech Republic, would love to go again! Being in a new place was a refreshing & rewarding experience.

• @annabelwlee: I spent my last undergrad semester in Taipei. To live and experience another culture for 5 mths was incredible! I miss it a lot.

find a common interest or a potential employer.

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# Set up your own stop sign on the fast track to success

**Waiting for that big break? Don't delay.** Even millionaire moguls need to unplug and unwind

**DAN SCHAWBEL**  
Metro World News

David Bach is the best-selling author of *The Automatic Millionaire*, — a book that has advised millions of people on financial success — as well as a contributor to the Today show and a motivational speaker. I caught up with Bach while he was on sabbatical to find out why he took some time off, what he learned from it and why summer is as good a time as any to look for a job.

**You made a major decision last year to take a sabbatical for 2013 — what led to that and how is it going?**

Last year after writing a dozen books in 10 years, do-



Only you can prevent professional burnout. Work hard to work a little less this year. iStock

ing thousands of speeches and thousands of television and media appearances, running a company and

travelling more than half a million miles, I reached a point where my soul said "Enough is enough; you

need and deserve a serious break." It was hard to listen to my soul, being addicted to "doing it, doing it, doing



it." Deciding to take a sabbatical was truly one of the most difficult decisions I have made in my 25-year career. It was ultimately probably one of the most important decisions, and the best I have ever made. I can't believe how refreshed, re-energized, relaxed, present and creative I now feel.

**How did you unplug?**

It's about learning to say, "No," which is incredibly difficult when your life has

been about saying, "Yes." My answer to everything has been simple: "Sorry, I am on a sabbatical and not working until the end of 2013." The response almost universally has been, "That's amazing, good for you; I wish I could do that, too." I'm learning from this experience that people really need and want a break more than they realize or share.

**Do you think summer is a good time to look for a job?**

It's really not about a time to look for a job — it's about you being in a place to be of the most value to the largest number of people. Employers are always looking for great employees that can help them grow their business. What is unique about summer is that many business owners and even large companies are now planning for 2014 — so getting in now and talking to people who are hiring while they are slower can be the perfect time to connect and make an impression.

## RUNNING FOR A FUTURE WITHOUT BREAST CANCER

### ANNUAL CIBC RUN FOR THE CURE ON OCT. 6

On Oct. 6, the annual Canadian Breast Cancer Foundation CIBC Run for the Cure is taking place across Canada, including 30 communities in Ontario. One in nine Canadian women will be diagnosed with breast cancer in her lifetime, and 23,800 will be told they have the disease this year.

The families, friends and co-workers of those women play an important role

in raising funds at the largest single-day event in support of the breast cancer cause. One of them is Bonnie Stanfield of the Greater Toronto Area, whose daughter, Holly Smart, died of the disease in 2010 at age 34.

Smart was a schoolteacher, had been married for 10 years and was the mother of two sons who were four years old and 14 months old when she died.

"When I formed my first Holly's Dollies team in 2010, I was running in memory of my daughter and for the cure," says Stanfield, whose husband, Peter, Smart's stepfather, is among many other regular strong supporters.

After Smart died, Stanfield learned

that she carries the BRCA 1 mutated gene, which has been linked to hereditary breast cancer.

"My reasons for running now also include my gratitude for the research and discovery of this gene."

In August 2012, as a preventive measure, Stanfield, then 63, had a bilateral mastectomy and reconstructive surgery; she no longer worries that she will get the disease.

"Breast cancer research made this possible," she says.

To support Holly's Dollies team, or to sign up for the CIBC Run for the Cure, please visit [runfortheure.com](http://runfortheure.com) or call 866-373-6313. — Jane Doucet



Bonnie Stanfield with her daughter, Holly.

CONTRIBUTED

CIBC RUN FOR THE CURE  
METRO CUSTOM PUBLISHING

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# Doughty suits up for Knights practice

**OHL.** Kings' star blue-liner takes a lot from practices at Budweiser Gardens before heading off to NHL training camp



**DAVE LANGFORD**  
dave.langford@metronews.ca

Sure, it was a London Knights practice.

Head coach Dale Hunter was running the ship. Assistant coaches Dylan Hunter and Jeff Paul were on the ice as well. Knights' GM Mark Hunter was on his stationary bike, behind the glass, taking in the skate.

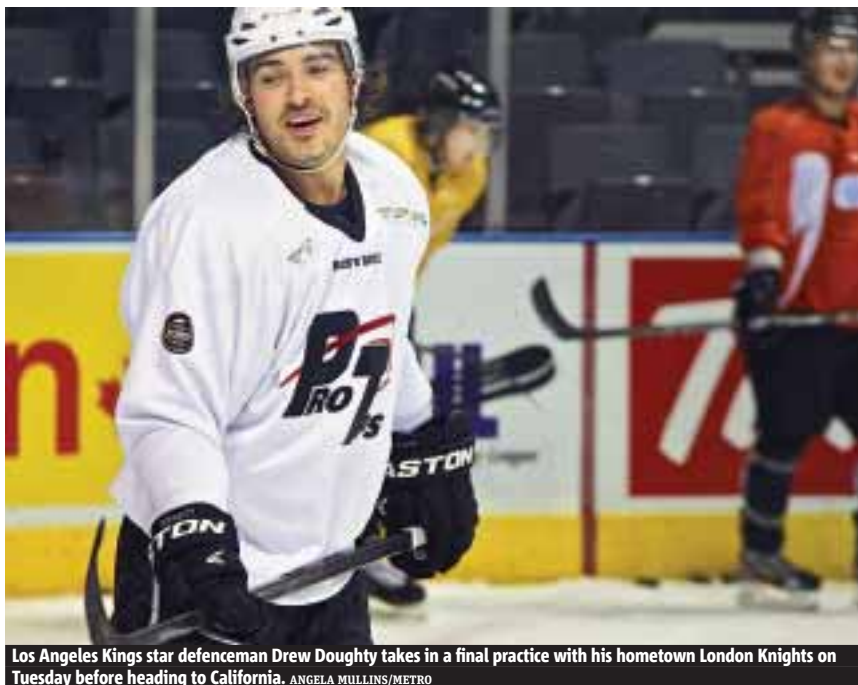
But, after that, things got a little fuzzy.

Sporting No. 19 in a white sweater was Los Angeles Kings' defenceman Drew Doughty. And in a grey sweater with no number was Corey Perry. Plus, throw in winger Mark Mancari, now with the St. Louis Blues, along with former Knights captain Danny Syvret and Bryan Rodney, another defenceman from that 2005 Memorial Cup champion team.

With 17 current Knights players off at NHL rookie and main camps, former Knights and other London pros were flushing out the practice roster Tuesday and catching their last skates before they, too, head off.

Doughty, for example, leaves Wednesday for Los Angeles. Mancari leaves Friday.

Both are Londoners and enjoy the chance to skate at



Los Angeles Kings star defenceman Drew Doughty takes in a final practice with his hometown London Knights on Tuesday before heading to California. ANGELA MULLINS/METRO

## Knights news

- The London Knights have traded overage defenceman Justin Sefton to the Saginaw Spirit for a conditional 15th-round selection in the 2015 OHL draft.
- If Sefton plays either an exhibition or regular-season game with the Spirit this year, that draft pick

will change to North Bay's third pick in 2014 and Saginaw's sixth pick in the same draft.

- Sefton joined the Knights last season after four years with the Sudbury Wolves. He played 25 regular-season games with the Knights and 20 playoff games.

Budweiser Gardens before heading elsewhere.

"I love coming out here with the Knights," Doughty

said after practice. "Last year throughout the (NHL) lock-out, I was fortunate enough to skate with them the whole time. Make some bonds with those kids. Great kids and great players, too."

Mancari agreed.

"It's nice that Dale and the Hunters allow us come out," Mancari said. "It's great for us to get a real practice in. And get some drills in."

"Also good for the young guys to see the difference if they're getting ready for camp. They also have a lot more energy than we do! So keeping up with them is a lot of fun."

## Sochi. Doughty says Hockey Canada camp without skates was still useful

Londoners Drew Doughty and Mark Mancari were skating with the London Knights on Tuesday at Budweiser Gardens but they will be heading off in different directions this week.

Doughty, 23, heads to Los Angeles on Wednesday and will join the Kings' camp Sept. 11. Mancari, 28, leaves Friday and joins his new team, the St. Louis Blues, also on Sept. 11.

Doughty and the Anaheim Ducks' Corey Perry, who was also on the ice Tuesday, have just returned from Hockey Canada's Olympic orientation

camp in Calgary.

Skating, however, was not part of the three-day gig.

"I still think it was useful," Doughty said. "We got to hang out with the guys. Lot of us didn't know each other. Lot of new faces. Hang off the ice with them, go for dinners. Get to know them. That was the most important thing."

"Even though we were doing the whole ball hockey thing, we still learned our systems that way. It was as same as doing it on the ice really."

Mancari, meanwhile, is on

the other end of the NHL spectrum, joining a new team and hoping for a chance back in "The Show."

Mancari has spent most of his career with the Buffalo organization with some time with the Vancouver Canucks also.

"I don't think there are any promises in the game. Just come in and try and make the team," Mancari said. "There are no spots that are guaranteed. If you go in and do what you've got to do, you've got a chance."

DAVE LANGFORD/METRO

## NHL rookie camp. Young guns return to Bud Gardens

For the second time, Budweiser Gardens is playing host to the NHL rookie tournament.

The tournament starts Thursday and ends Sunday. Rookie teams from the Toronto Maple Leafs, Ottawa Senators, Pittsburgh Penguins and Chicago Blackhawks will participate. Here's a quick look:

### Games

- Thursday:** Pittsburgh vs. Ottawa, 2 p.m.; Chicago vs. Toronto, 7 p.m.
- Saturday:** Ottawa vs. Chicago, 2 p.m.; Toronto vs. Pittsburgh, 7 p.m.
- Sunday:** Chicago vs. Pittsburgh, 2 p.m.; Toronto vs. Ottawa, 7 p.m.

### Tickets

- Night games:** Adults \$19.25; students/seniors/children \$14.25.
- Afternoon games:** Adults \$16.75; students/seniors/children \$11.75.
- Full-day pass:** Adults \$26; students/seniors/children \$21. \*On sale at budweisergardens.com.

### Players to watch

- Toronto:** London Knights forwards Matt and Ryan Rupert; forward Greg McKeeg of St. Thomas.
- Chicago:** London Knights forward Alex Broadhurst. Three first-round selections (Dylan Olsen, 2009; Mark McNeill, 2011; Phillip Danault, 2011).
- Pittsburgh:** London Knights defencemen Scott Harrington, pictured, Olli Maata and Reid McNeill.

- Ottawa:** Mark Stone, Derek Grant and Jean-Gabriel all have had NHL playing time. **DAVE LANGFORD/METRO**



Mark Mancari, shown here during his days with the Canucks, is off to a new gig in St. Louis with the Blues later this week.

GETTY IMAGES FILE





Ryan Clady of the Broncos blocks for Peyton Manning against the Ravens during the AFC Divisional Playoff Game on Jan. 12, 2013, in Denver. The left tackle will be up against a pass rush featuring former teammate Elvis Dumervil when they face Baltimore on Thursday night. DOUG PENSINGER/GETTY IMAGES

# OT Clady ready to block off QB from former teammate

**NFL.** Broncos prepare for return of pass rusher Dumervil on the other side of Thursday's season-opener

For years, Denver Broncos left tackle Ryan Clady blocked one of the league's top pass rushers in practice.

Get beat by Elvis Dumervil then and it was hardly a big deal, especially since the quarterbacks couldn't be touched anyway.

That deal is now off as Clady tries to keep Peyton Manning safe from the dangerous Dumervil, who returns to Mile High on Thursday night as a hybrid linebacker for the Baltimore Ravens after

departing Denver in the off-season.

"He's a good player in this league and he's definitely a challenge," said Clady, who was named one of the team's captains this week. "I'm looking forward to the challenge and just playing my game, seeing if I can get the best of him."

Clady knows Dumervil's moves quite well — how he relies on leverage and his long arms to blow past offensive tackles. That's the way Dumervil collected an NFL-leading 17 sacks in 2009.

And Dumervil knows Clady quite well, too — how the six-foot-six, 315-pound left tackle uses his quick feet to thwart rushers. Clady is coming off a Pro Bowl season in which he allowed just one sack.

It's an intriguing matchup, one that's going to take some getting used to for offensive co-ordinator Adam Gase.

"Just seeing (Dumervil) with a different team, it's weird to watch because I'm just used to seeing him in our uniform," Gase said. "He's a good player and we'll be ready for him." **THE ASSOCIATED PRESS**

## Growing rivalry

**"They beat us fair and square. But that game will always be with me."**

Denver wide receiver Eric Decker, after being asked if the Broncos had unfinished business after their loss to Baltimore in the playoffs last season.

## NBA

### Raps dump new recruit Richardson

The Toronto Raptors waived swingman Quentin Richardson on Tuesday, less than two months after he was acquired in a trade with the New York Knicks.

The Raptors shipped forward Andrea Bargnani to New York on July 10, receiving Richardson, centre Marcus Camby, forward Steve Novak and three draft picks in the deal.

Waiving Richardson wasn't unexpected, as the 13-year NBA veteran was only part of the July deal for salary considerations.

Earlier, the Raptors bought out Camby, who went on to sign with the Houston Rockets.

Toronto, which opens the pre-season Oct. 7 in Boston, now has 14 players on its roster.

**THE CANADIAN PRESS**



Quentin Richardson  
GETTY IMAGES

## U.S. Open. Azarenka rallies for return to quarters as Li Na earns trip to semis

No. 2 Victoria Azarenka rallied from a set down for the second straight match, beating Ana Ivanovic to return to the U.S. Open quarter-finals.

The 2012 runner-up at Flushing Meadows won 4-6, 6-3, 6-4 on Tuesday.

"I'm a fighter at heart," she said. "I never, never give up. Whatever the score is, I'm going to try to do my best because there is always an opportunity. There is always a way. You just have to make up your mind and try to find that way."

On Wednesday, she'll face unseeded Daniela Hantuchova, who played her fourth-round match Monday.

The meeting between Azarenka and Ivanovic was the only one of four women's matches that day to be postponed to Tuesday because of rain. Asked if anything could have been done differently to keep everybody on the same schedule, Azarenka wouldn't bite. She just smiled and said, "Mother Nature could have done something."

A few hours after Azarenka made the quarter-finals, the first woman reached the semis. Fifth-seeded Li Na beat No. 24-seeded Ekaterina Ma-



Victoria Azarenka reacts after her U.S. Open win. AL BELLO/GETTY IMAGES

karova 6-4, 6-7 (5), 6-2.

Li, the 2011 French Open winner, was up a break three times in the second set, then led 3-0 in the tiebreaker, but couldn't close the victory. From 2-2 in the third, she won four straight games to reach her first U.S. Open semifinal.

In mixed doubles quarter-finals, Toronto's Daniel Nestor and Kristina Mladenovic of France defeated Martin Emmrich of Germany and Hao-Ching Chan of Taiwan 7-6 (5), 6-3. **THE ASSOCIATED PRESS**

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Boston	82	57	.590	—
Tampa Bay	75	61	.551	5½
Baltimore	73	63	.537	7½
New York	73	64	.533	8
Toronto	63	75	.457	18½

#### CENTRAL DIVISION

	W	L	Pct	GB
Detroit	81	57	.587	—
Cleveland	72	65	.526	8½
Kansas City	71	66	.518	9½
Minnesota	60	76	.441	20
Chicago	56	80	.412	24

#### WEST DIVISION

	W	L	Pct	GB
Oakland	79	58	.577	—
Texas	79	58	.577	—
Los Angeles	64	72	.471	14½
Seattle	62	75	.453	17
Houston	45	92	.328	34

#### Tuesday's results

Chicago White Sox at N.Y. Yankees  
Baltimore at Cleveland  
Detroit at Boston  
Minnesota at Houston  
Seattle at Kansas City  
Tampa Bay at L.A. Angels  
Texas at Oakland

#### Monday's results

N.Y. Yankees 9 Chicago White Sox 1  
Detroit 3 Boston 0  
Minnesota 10 Houston 6  
Kansas City 3 Seattle 1  
Baltimore 7 Cleveland 2  
Oakland 4 Texas 2  
L.A. Angels 11 Tampa Bay 2  
**Wednesday's games — All times Eastern**  
Minnesota (Hendricks 1-2) at Houston (Lyles 6-7), 2:10 p.m.  
Texas (Darvish 12-6) at Oakland (Parker 10-6), 3:35 p.m.  
Chicago White Sox (Johnson 0-0) at N.Y. Yankees (Sabathia 12-11), 7:05 p.m.  
Baltimore (Britton 2-3) at Cleveland (McAllister 7-8), 7:05 p.m.  
Detroit (Porcello 11-7) at Boston (Dempster 7-9), 7:10 p.m.  
Seattle (Walker 1-0) at Kansas City (Santana 8-8), 8:10 p.m.  
Tampa Bay (Hellickson 10-8) at L.A. Angels (Weaver 9-7), 10:05 p.m.

### NATIONAL LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Atlanta	84	53	.613	—
Washington	69	68	.504	15
Philadelphia	63	75	.457	21½
New York	62	74	.456	21½
Miami	51	85	.375	32½

#### CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	80	57	.584	—
St. Louis	79	58	.577	1
Cincinnati	77	61	.558	3½
Milwaukee	59	78	.431	21
Chicago	58	79	.423	22

#### WEST DIVISION

	W	L	Pct	GB
Los Angeles	82	55	.599	—
Arizona	69	67	.507	12½
Colorado	65	74	.468	18
San Diego	61	76	.445	21
San Francisco	61	76	.445	21

#### Tuesday's results

Washington at Philadelphia  
St. Louis at Cincinnati  
N.Y. Mets at Atlanta  
Miami at Chicago Cubs  
Pittsburgh at Milwaukee  
L.A. Dodgers at Colorado  
Toronto at Arizona  
San Francisco at San Diego  
**Monday's results**  
Cincinnati 7 St. Louis 2  
Atlanta 13 N.Y. Mets 5  
Pittsburgh 5 Milwaukee 2  
Miami 4 Chicago Cubs 3  
San Diego 4 San Francisco 1  
Toronto 4 Arizona 1  
L.A. Dodgers 10 Colorado 8  
Philadelphia 3 Washington 2  
**Wednesday — All times Eastern**  
N.Y. Mets (Gee 10-9) at Atlanta (Loe 0-1), 12:10 p.m.  
Miami (Flynn 0-0) at Chicago Cubs (Samardzija 8-11), 2:20 p.m.  
Toronto (Buehrle 11-7) at Arizona (Delgado 4-5), 3:40 p.m.  
San Francisco (Lincecum 8-13) at San Diego (Stults 8-12), 6:40 p.m.  
Washington (Zimmermann 15-8) at Philadelphia (Halladay 3-4), 7:05 p.m.  
St. Louis (Miller 12-9) at Cincinnati (Arroyo 13-10), 7:10 p.m.  
Pittsburgh (Liriano 15-6) at Milwaukee (Peralta 8-14), 8:10 p.m.  
L.A. Dodgers (Volquez 9-10) at Colorado (De La Rosa 15-6), 8:40 p.m.

## CFL

### WEEK 10

#### EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	8	5	3	0	244	209	10
Hamilton	9	4	5	0	229	248	8
Montreal	8	3	5	0	195	239	6
Winnipeg	9	1	8	0	192	295	2

#### WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	9	8	1	0	312	202	16
Calgary	9	7	2	0	298	234	14
B.C.	9	6	3	0	236	229	12
Edmonton	9	1	8	0	222	272	2

#### Tuesday's result

Montreal at Toronto

#### Monday's result

Calgary 37 Edmonton 34

#### Friday's game — All Times Eastern

Calgary at Edmonton, 9 p.m.

#### Saturday's game

B.C. at Hamilton, 4 p.m.

#### Sunday's games

Toronto at Montreal, 1 p.m.

Saskatchewan at Winnipeg, 4 p.m.

## MLS

### EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	12	7	6	41	35	42
New York	12	9	6	40	35	42
Kansas City	12	9	6	38	27	42
Philadelphia	10	8	9	37	37	39
New England	10	9	7	35	25	37
Houston	10	8	7	30	29	37
Chicago	10	10	5	31	35	35
Columbus	8	13	5	29	35	29
Toronto FC	4	12	10	23	35	22
D.C. United	3	18	5	16	43	14

### WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	14	8	6	52	35	48
Los Angeles	13	9	4	43	32	43
Seattle	12	8	4	32	26	40
Colorado	10	8	9	34	29	39
Portland	9	5	12	39	30	39
Vancouver	10	9	7	38	35	37
FC Dallas	9	7	10	36	37	37
San Jose	9	11	7	28	40	34
Chivas USA	5	14	7	26	47	22
<b>Wednesday's games — All Times Eastern</b>						
Houston at Columbus, 7:30 p.m.						
Chivas USA at Seattle, 10 p.m.						
<b>Saturday's games</b>						
Columbus at Kansas City, 8:30 p.m.						
Vancouver at FC Dallas, 8:30 p.m.						
Chicago at Seattle, 10 p.m.						
Colorado at Los Angeles, 10:30 p.m.						
Toronto FC at Portland, 11 p.m.						

# The 2014 Infiniti Q50



ALL PHOTOS WHEELBASEMEDIA.COM

**Review.** This beauty beats the G37 and will get all your senses moving

**MALCOLM GUNN**  
wheelbasemedia.com

A new name and a slew of techno enhancements are the first clues that Infiniti's Q50 sedan is something special.

But with nearly every member of Nissan's upscale division switching to new alphanumeric identification along with, in most cases, reconfigured sheet-metal, it isn't the only interesting car on Infiniti's plate for 2014. Although it was thought that the Q50 would replace the G37, the sedan version will remain in the United States as an entry model for a couple more seasons. As of press time, it's unclear whether Canada will follow suit.

Since the Q50 and G37 share the same basic dimensions, platform, suspension and powertrain and offer the same all-wheel-drive option, the differences between the two boil down to style and standard and available content. In both categories the Q50 outshines the G37 by a wide margin and should experience little trouble attracting buyers desiring a well-equipped rolling fashion statement to tool around in. Another important point of differentiation is the addition of the Q50 Hybrid that combines a potent mix of fuel economy and performance.

A cabin that elevates tastefulness to a new level also re-

## 2014 Infiniti Q50

- Type.** Four-door, rear-/all-wheel-drive mid-size luxury sedan
- Engines (hp).** 3.7-litre DOHC V6 (328); 3.5-litre DOHC V6 + electric motor (360, net)
- Transmissions.** Seven-speed automatic
- Base price (incl. destination)** \$39,500

affirms the car's luxury-vehicle cred. This is especially in evidence with a dual-cockpit-shaped dashboard with both 17.5- and 20-centimetre touch-screen displays that operate the climate, communications and optional navigation systems.

Going forward, the Q50 employs a 3.7-litre V6 (same as in the G37) that makes 328 horsepower and 269 pound-feet of torque, while the Q50 Hybrid combines a 302-horsepower 3.5-litre V6 with an electric motor rated at 67 horsepower and 214 pound-feet of torque to produce 360 net horsepower.

The Q50 Hybrid's gasoline-electric powertrain is virtually identical to that used in what was previously called the M35h. For 2014, the M35h has been renamed the Q70 Hybrid. Its 50-kilowatt electric motor uses energy stored in a 346-volt lithium-ion battery pack located behind the rear seat. The Hybrid uses the same seven-speed automatic transmission as the regular Q50, as opposed to a less-than-sporting continuously variable unit found in most

## Technology

Your Q50 can also be ordered with any number of option groupings, including a technology package with all the latest electronic safety enhancements such as blind-spot, lane-departure and forward collision warnings.

## Fuel Economy

The stowage-space penalty is significant, but apart from the performance gain, the Hybrid rates an impressive 7.0 l/100 km in the city and 5.6 on the highway. The gasoline-only Q50 earns a 10.6/6.7 rating.

## Design

As for looks, the Q50 shows off its top form with tasteful curves, swirls, bulges and angles that makes the once-stylish G37 seem downright dated and frumpy by comparison. It's also set apart by a hunkered-down stance that reaffirms its sport-sedan status, in particular with the optional 19-inch wheel-and-tire package.



The Q50's modern cockpit interior layout is designed mostly for the driver.

other hybrids. As well you can specify all-wheel-drive for the Hybrid, which is not available on similarly propelled Lexus or Lincoln models.

Befitting of any luxury sedan, the Q50 arrives properly attired, however the Q50 Premium adds heated front seats, power moonroof and Bose's 14-speaker "Studio on Wheels" audio system. Note that the Q50 Hybrid starts at the Premium trim level.

The Q50S adds metal-trim accents, 19-inch wheels, sport-tuned suspension and brakes and a different front bumper.

The Q50's \$39,500 base price (\$49,000 for the Hybrid Premium) is competitive with similar North American, German and Japanese marques, but with elevated content and eye appeal that communicates a unique luxury presence regardless of what name appears on the truck lid.

## Compare



**1** Acura TL  
Base price: \$41,900



**2** Cadillac CTS Sedan  
Base price: \$47,000



**3** Audi A4  
Base price: \$40,000

## Horoscopes

### Aries

March 21 - April 20

Your emotions are all over the place and for that reason you are advised not to make any spur-of-the-moment decisions where affairs of the heart are concerned. You could start something you cannot stop.

### Taurus

April 21 - May 21

Why are you focusing on the one little thing that appears to be going wrong in your life when so many bigger things are going right? Whatever the reason you need to get over it.

### Gemini

May 22 - June 21

Some kind of setback could throw you out of your stride today, but overall things are very much in your favour at the moment so there is no need to panic. The recipe for happiness is simple: worry less, love more.

### Cancer

June 22 - July 23

You think you know everything about a certain person but what happens over the next 24 hours will show you don't know the half of it. And you'll realize it's a great surprise.

### Leo

July 24 - Aug. 23

Someone you are fond of may have done something of which you don't approve but there is no need to make an issue of it. If you love them, you should give them your full support.

### Virgo

Aug. 24 - Sept. 23

Not everyone is as poised and graceful as you so if a friend or relative falls flat on their face today try not to laugh... too much. Of course, if they keep falling over there may be something seriously wrong.

### Libra

Sept. 24 - Oct. 23

Whatever else you do today, don't get involved in other people's domestic situations. Even if you know you can help, your intervention won't be appreciated. Be smart and keep your distance.

### Scorpio

Oct. 24 - Nov. 22

Something has put you on edge and you don't like it one bit. The best thing to do is to put a name to the problem and then deal with it efficiently and ruthlessly.

### Sagittarius

Nov. 23 - Dec. 21

What you feel rather than what you think counts for more today. No matter how good a deal may look on paper if your instincts tell you there is something not quite right, you would be wise to turn it down.

### Capricorn

Dec. 22 - Jan. 20

Capricorns are not as detached as some people seem to think they are and what happens over the next couple of days will give you a chance to prove it. Be happy. Be warm.

### Aquarius

Jan. 21 - Feb. 19

You give off powerful vibrations that attract people to you and they will get more powerful still over the next 48 hours while the moon is new. Just make sure all these new friends don't cost you lots of money.

### Pisces

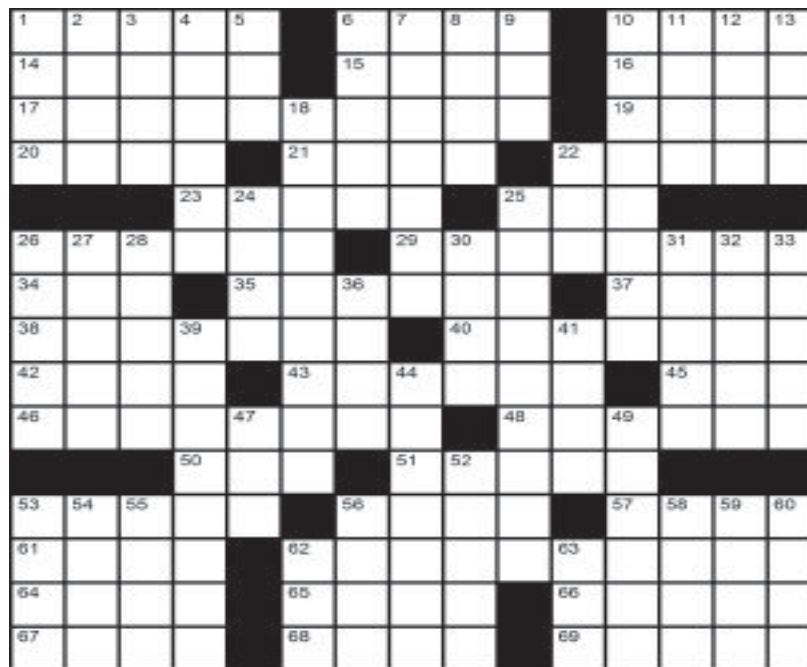
Feb. 20 - March 20

A little bit of flattery will go a long way today and will go even further tomorrow when the moon is new in your opposite sign. Just don't say things you don't mean — that's just dishonest. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. "If I \_\_\_ so myself..."
6. Large lot
10. Yarn ball
14. Singer/song-writer Fiona
15. Murmurs
16. Mystical light
17. California cracks: 2 wds.
19. Splashy stuff
20. Drive-\_\_\_
21. Betting likeli-hoods
22. Sensible
23. Washing cycle
25. Feel sick
26. Belgian seaport
29. Canadian correspondent on NBC's "Dateline" who is Matthew Perry's stepfather, Keith \_\_\_
34. Occupational suffix
35. French brandy
37. Robert De \_\_\_
38. Canadian rowing great/Olympian, Silken \_\_\_
40. Carol \_\_\_ (Canadian author born in Oak Park, Illinois)
42. Other: Spanish
43. Rubenesque
45. "Rubber Ball" singer Bobby
46. Kibbles holder, as opposed to water: 2 wds.
48. Facing



50. Gold: Spanish
51. Roberta Flack's "The First Time \_\_\_ Saw Your Face"
53. #49-Down inspired this writer's 'Pooh' books, A.A. \_\_\_ (b.1882 - d.1956)
56. Secular
57. California wine valley
61. Similar
62. Contents

64. Ms. Ward
65. \_\_\_ the finish: 2 wds.
66. Abercrombie & \_\_\_
67. Eleventh letters
68. Queen's "Radio \_\_\_"
69. Ruffle, as '80s hairstyles

### Down

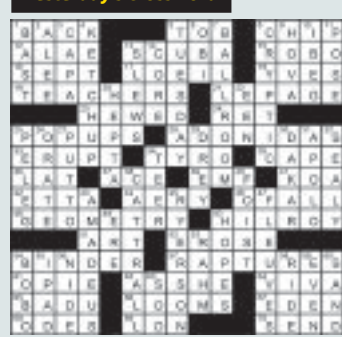
1. Electro music's \_\_\_ Punk

2. Moonfish
3. Prod
4. Magnetism
5. Nevertheless
6. Citric, and others
7. Strongly denounce
8. Egg masses
9. Twisty turn
10. Alberta is named in honour of Queen Victoria's sixth child, Princess Louise \_\_\_ Alberta (b.1848 -

- d.1939)
11. Hawaiian feast
12. CNN's "\_\_\_ Burnett OutFront"
13. Harry Potter's prop
18. #49-Down became popular at England's what?: 2 wds.
22. Gentleman's title
24. King Atahualpa, for one
25. Building designer

26. \_\_\_ Olay
27. "From \_\_\_ shining...": 2 wds.
28. 'The Hub' of Nova Scotia
30. Brewer's kiln
31. Region's forest trees
32. Command
33. Rudolph, red-\_\_\_
36. Chew
39. "Vogue" singer's namesakes
41. Mr. Stravinsky
44. Horrid stop-over, \_\_\_ motel
47. 1990s gold mining scandal, \_\_\_X
49. Canada's most famous bear which belonged to WWI soldier Harry Colebourn
52. Panorama
53. Conceal
54. Swedish furniture store
55. Flower type
56. Roman moon goddess
58. Official records
59. Bench press muscles, for short
60. "I think it's \_\_\_," ...said the vet of the newly born puppy
62. 'John Hancock', e.g.
63. Ship's stern

## Yesterday's Crossword

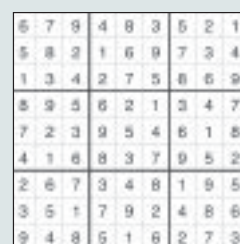


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today

24°/10°

Partly cloudy

Thursday

18°/9°

Sunny

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